

Cognitive Behavioral Therapy		Cognitive Behavioral Therapy (cont)		Cognitive Behavioral Therapy (cont)		Existential Therapy Questions (cont)	
CBT question:	Purpose						
what specific thoughts were you having at that moment?	identifying automatic thoughts	what's the worst case scenario?	anxiety reduction	how might changing this belief alter future decisions?	motivating positive future changes	What stands between you and living authentically?	Identifying barriers to authenticity
how did that thought make you feel about yourself?	exploring emotional impact	how does holding this belief benefit or hinder you?	exploring pros/cons of maintaining the thought	<b>Cognitive Behavioral Theory basis</b> emphasizes the connection between our thoughts behaviors and feelings aims to identify and challenge negative thought patterns		How do you grapple with life's uncertainties?	Coping with ambiguity and unpredictability
on a scale of 1-10, how much do you believe that thought?	assessing belief strengths	what advice would you give a friend with this thought?	gaining an objective perspective			Where do you find hope when confronted with challenges?	Identifying sources of motivation during hardship
what evidence supports/-refutes this belief?	encouraging critical thinking	what would you like to think instead?	encouraging healthier thinking	<b>Existential Therapy Questions</b> ET Questions: Purpose		What experiences make you feel most alive?	Exploring moments of deep engagement and vitality
have you ever had a situation where that belief was wrong?	challenging thought patterns	are there behaviors based on this belief?	linking thoughts to behaviors			How does the idea of choice influence your decisions?	Reflecting on the power of personal decisions
how might someone who loves you challenge that thought?	shifting perspective	does this thought align with your core values?	evaluating belief alignment with values	How do you relate to the idea of freedom in your life?	Reflecting on autonomy and choice	When do you feel most connected/disconnected from the world?	Exploring feelings of connection or alienation
if you believed the opposite, how might your behavior change?	considering alternative actions	what triggers or patterns bring up this thought?	identifying triggers and patterns	What personal responsibilities do you often ponder about?	Examining individual responsibility	What existential fears or anxieties do you often contemplate?	Addressing existential concerns
are you generalizing this to other areas of your life?	identifying cognitive distortions - all or nothing thinking	in what situations is this belief most and least accurate?	contextualizing the belief	How do you cope with feelings of loneliness or isolation?	Understanding responses to existential isolation	How do you derive meaning from your relationships?	Understanding the role of relationships in meaning-making
		how would you feel without this belief?	exploring emotional impact of change	What are your thoughts on the inevitable nature of death?	Addressing mortality and death anxiety		
		do any actions reinforce this belief?	recognizing reinforcing behaviors	How do you define a life well-lived?	Exploring personal philosophies of fulfillment		

### Existential Therapy Questions (cont)

Do you feel trapped by societal norms or expectations?	Reflecting on societal pressures and personal freedom
What legacy or impact do you hope to leave?	Exploring ideas of legacy and contribution
How do you view your journey of self-discovery and growth?	Reflecting on personal evolution
Do you question your significance or worth?	Examining self-worth and existential doubt
How do you reconcile with past regrets or missed opportunities?	Processing regret and acceptance
What beliefs guide you when navigating life's complexities?	Exploring guiding principles in challenging situations

### Existential Therapy

dives into life's fundamental questions, such as the meaning of life, freedom and responsibility, isolation, and mortality.

aims to help individuals confront these existential concerns, find purpose, and lead a life that feels authentic

### Psychodynamic

Psychodynamic Therapy Questions	Purpose
can you recall an early memory that this current situation reminds you of?	exploring links between past and present
how did you feel in your family growing up?	examining family dynamics and emotional development
do you notice any patterns in the types of relationships you form?	identifying repetitive relationship patterns
how does this relationship compare to ones in your past?	drawing parallels between past and current relationships
what did you learn about trust, love and conflict as a child?	uncovering learned beliefs about relationships
can you remember a time when you felt similarly as a kid?	accessing childhood emotions linked to current experiences
how do you think your childhood shapes your current reactions?	understanding how early experiences impact present behavior

### Psychodynamic (cont)

what role did you feel you played in your family growing up	exploring identity formation within family dynamics
do you recall any recurring dreams from the past or present?	uncovering unconscious material through dreams
in what ways might you be repeating behaviors from earlier life?	identifying cyclical behaviors rooted in the past
what thoughts arise when you think about [specific past event/person]?	processing unresolved feelings related to the past
how did your family handle emotions like anger or sadness?	exploring emotional regulation and family emotional dynamics
how might this issue have roots in a past experience or relationship?	connecting past experiences with present issues
do certain situations make you feel younger or take you back to a past time?	investigating regression and emotional responses

### Psychodynamic (cont)

what hopes or fears from your childhood might still be influencing you?	uncovering lingering childhood anxieties or desires
were there any family secrets or unspoken rules you felt growing up?	exploring family dynamics and hidden influences
how would your younger self react to your current situation?	reflecting on childhood perspectives in the present
what would you want to ask your caregivers if they were here now?	processing unresolved issues or communication with caregivers
how have past losses or traumas influenced your emotional handling today?	examining the impact of trauma or loss on current coping
in what ways do you feel you have grown or changed since childhood	reflecting on personal development and growth

### Psychodynamic Theory

belief that our early experiences, especially with caregivers shape how we see the world and relate to others

### Psychodynamic Theory (cont)

by digging into these memories and feelings, often stored deep in our subconscious we can unveil patterns and heal old wounds

### Family Therapy

FT questions:	Purpose
how would you describe your role within the family?	exploring family roles and dynamics
can you share a recent event where you felt connected as a family?	identifying positive family experiences
are there patterns in family interactions?	highlighting recurring behaviors and communication styles
how do you usually respond when [specific family situation]?	examining individual responses to family dynamics
what changes would you like to see in family dynamics?	setting goals for improved relationships
how do you feel when [family member] does [action]?	understanding emotional reactions to family behaviors
when does the family communicate best?	identifying effective communication patterns

### Family Therapy (cont)

are there any topics that feel off limits?	addressing barriers to open communication
how do you handle disagreements or conflicts?	exploring conflict resolution within the family
how has your family dealt with challenges or crises?	exploring coping mechanisms during difficult times
how do you show love or appreciation to each other?	understanding emotional expression within the family
what traditions or routines are important to your family?	highlighting meaningful family rituals
how would you like to feel in family interactions?	identifying emotional needs in family dynamics
what do you wish your family members understood about you?	encouraging empathy and deeper understanding
how does the family support members during tough times?	examining support systems within the family
are outside influences affecting the family dynamic?	assessing external pressures impacting the family

### Family Therapy (cont)

what hopes or dreams do you have for your family's future?	exploring future aspirations for the family
in what ways do you feel heard or unheard?	addressing communication gaps
how can each family member contribute to harmony?	fostering responsibility for positive change

### Family Therapy Theory

revolves around understanding and improving the dynamics of familial relationships

recognizes the family as a unique system where each member plays a role and their actions affect everyone

goals often extend beyond helping a single individual

aims to bring harmony understanding and positive change to the entire family unit

### Foundational Questions for Establishing Rapport

can you tell me a bit more about your daily routine?
what are some hobbies or activities you enjoy?
who are the primary people in your life right now?
can you tell me a bit about your family history?

### Intervention list for notes

cognitive challenging
cognitive refocusing
cognitive reframing
communication skills
compliance issues
DBT
exploration of coping
patterns exploration
emotions exploration
relationship patterns
guided imagery
interactive feedback
interpersonal resolutions
mindfulness training
preventative services
psycho education
relaxation/deep breathing
review of tx plan
role play
behavioral rehearsal
structured problem solving
supportive reflection
symptom management

### Interpersonal Insights

Interpersonal Insights Questions:	Purpose
how do you currently feel in your relationships?	assessing current emotional states in relationships
can you describe a recent situation where you felt unsupported?	identifying unmet emotional needs

### Interpersonal Insights (cont)

how do you handle conflicts or disagreements?

exploring conflict resolution strategies

how do you seek support when you are feeling down?

understanding support seeking behaviors

have recent events changed the dynamics of your relationships?

analyzing external influences on relationships

how do you feel after interactions with specific people?

reflecting on the emotional impact of interactions

is there a give and take in your relationships?

assessing reciprocity in relationships

how would you describe your role in your group?

exploring identity within social circles

are there patterns you would like to change?

identifying problematic interpersonal patterns

how do mood changes influence interactions?

examining the effects of emotions on relationships

is there a strained relationship right now?

focusing on resolving current relational tension

### Interpersonal Insights (cont)

how do you cope when someone close is going through a tough time?

understanding emotional support in difficult times

what expectations do others have of you?

examining perceived social expectations

are unresolved feelings from past relationships affecting the present?

exploring the impact of past experiences on current relationships

how do you react when you feel misunderstood?

reflecting on communication and emotional priorities

do you feel like your genuine self around others?

assessing authenticity in relationships

how do external stresses impact your relationships?

analyzing how external factors affect interpersonal dynamics

are there times when you feel isolated from loved ones?

identifying feelings of emotional distance or isolation

what steps do you take to mend or strengthen relationships?

fostering active efforts in relationship building

### Interpersonal Theory IPT

Interpersonal therapy shines a light on the intricate web of our relationships, understanding how they impact our mental well-being and vice versa. By addressing and refining these interpersonal dynamics, individuals can often find relief from emotional distress and forge stronger, more fulfilling connections

### Potential Questions for initial session

can you share what brings you here today?

have you had any prior experience with therapy?

what do you hope to gain from our sessions?

can you tell me a bit about your current living situation and relationships?

how would you describe your mood or feelings over the past few weeks?

are there specific events or experiences that have significantly impacted your life?

how do you usually cope with stress or challenges?

are there any immediate concerns or crises you are currently facing?

what are your strengths or things you are proud of?

how do you feel about starting therapy?